

# In the Realm of the Femmes

## A ROYAL WEDDING CAKE

AMERICAN brides of wealth and social distinction have wonderful wedding cakes prepared for them, and \$5,000 masterpiece of the baker's art for the Decies-Gould nuptials ten years ago was the finest of its kind on record, but the royal wedding

## "Bluebirds" For Happiness

HAVE you a little bluebird in your home?

Bluebirds in their little nests are the latest development of the campfire girls' movement. Younger sisters begged so hard, "We want to be campfire girls, too," that something had to be done. It wasn't making the world happier to be making little sisters unhappy, and it wasn't good moral discipline for big sister. Yet they couldn't pine wearily joining the real campfires. It was a happy thought to establish a junior department.

What do little birds do?

"Bluebirds sing." Bluebirds help bluebirds grow." That is the motto of each little nest. A nest is a group of birds. Each bird is called at first a "nestling," then a "bedding," then a "flier." Nestlings wear little downy gray dresses. When they grow a little bigger their feathers of blue, crimson red and white begin to sprout. When the fledgling has learned to fly she wears big blue wings and a cap of ten feathers.

"Bluebirds sing," says the mother bird. That is the campfire way of saying that bluebirds are for happiness.

Bluebirds sing because they are happy, not just to make us hear. Bluebirds have happy relations with everybody. Happiness lives in bluebirds.

These are some of the ways in which the bluebirds are advised to "sing":

Make a doll house. Model dolls, dresses out of clay, learn your relatives to sing to dolls. Learn mother Goose rhymes to tell the dolls.

Sing whenever you are tempted to scold some one.

Wear a smile and answer bravely when disappointment comes.

Give a doll party.

Name five birds, five flowers and five trees.

Bluebirds also grow—that is, they do things that are good for them physically and mentally.

Knit a wash cloth. Do not buy candy or novelties for one week. With the money

saved buy a doll for some child who has none. Do not tease or beg for anything for a week. Go without biting nails for one week. Work the bluebirds' motto in cross stitch or in beads. Thread a needle three times in a minute and put a good knot in the end of the thread. Have a garden. Turn bedclothes down for airing. Drink no tea or coffee for one month. No eating between meals for one month. Be in bed not later than 8 o'clock for one month. Know how to tell the time promptly. Brush teeth as often as your dentist requires for one month.

And little birds also help. They pick up toys for baby brother or sister; they mend their own nests; they mend the tears in their dresses; they help to set the table; they clean big sister's white shoes or pick up babies on the sidewalk in front of their houses.

The campfire guardians are especially determined that the little girls shall not forget their dolls. Dr. Luther H. Gulick, president of the organization, said recently:

"Just as civilization and religion center about the child, so do child interests center about the doll. If these are to develop into wholesome womanliness, love of home and children, they must be given opportunity. The entire school curriculum is of less value than this development of life's fundamental likes and dislikes. To have school, piano lessons, dancing lessons, walks and parties take the major part of daily life to stunt the soul of the little girl in its most fundamental aspect. It is better to learn to sew in making a doll's dress, to cook in giving a doll's party, to work out a color scheme on a doll, to sing folly to sleep, to learn to put dolls to bed regularly and early and to keep her clean than to do all these things as separate tasks. Much of the inexperience of modern life is due to the fact that it centers no longer about the home and the child, as it used to do. May it not be to this that today girls are not looking forward to being mothers with the eagerness that joy of motherhood warrants?"

## All About the New Blouse

THE separate blouse has come into its own this season, and the women who revel in the splendor of all sorts of gauze and fancy wands have only to decide upon the amount of money she wants to spend and then go out and make her selections. The shops are full of the most fascinating blouses, fashioned from all sorts of materials that are modish this year, and the blouse given to the clinging blouse fashion.

There are bundles of plain silk, brocaded silk, moire silk, all of the escape weave, of bat and lace of chiffon and cambric, of velvet, satinette and corduroy, of muslin, of sponge cloth and lingerie materials. And the colors match those of the smart tailored costumes they are designed to accompany.

The new blouse defines the line of the shoulders and arms, and the lower part is fitted loosely with the belt or sash. The latter being a noticeable detail. There is infinite variety in the styles that have come to the fore in this year of gauze, and, together with the smart blouse, vest, the collar and cuffs they provide the decorative note that lifts the new blouse to a high mortorial plane.

**FURS COMBINED.**

FURS are combined this season. There is hardly a new muff, stole, cape or even coat that does not combine two furs or in which one fur does not trim another. There is no effortlessness about this sort of thing that is unusually rich and is more costly than the one fur alone. While it is usual that two furs of like nap are put together, such as armful and mule, white and black fox, it is also true that the long haired furs, such as fox and skunk, which are very effective as trimmings, are delightfully combined with short haired ones. Practically every coat one sees has a collar and cuffs and perhaps buttons of another fur.

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## POOR CIRCULATION.

Cold feet and hands indicate poor circulation. Those who suffer from them should exercise every day in the open air, bathe their feet in cold water and rub well with the palms of the hands. Following the cold bath lift the body up on the toes fifteen times to increase the circulation of the blood. Avoid tight collars, corsets and clothes. A very simple arrangement for the improvement of a tailor's or pale skin is said to be in vogue. Three or four if eaten at a time is a prescription of a Frenchwoman whose complexion is exquisite. The drinking of orange juice the first thing before breakfast is also an excellent remedy for whitening the skin, and it is said that any woman who will specialize in her diet upon orange juice, honey, raisins, figs, brown bread and pure water will retain the purity of her skin until an advanced age.

**PUMPKIN FANCONNETTES.**

Fanconnettes are an acceptable variation of the old fashioned pumpkin pie for a Thanksgiving dessert. Mix together one and one-half cups of sugar, two eggs slightly beaten, two tablespoonsfuls of molasses, one tablespoonful of ginger, two tablespoonsfuls of melted butter, one teaspoonful of salt and one cupful of rich milk. Pour into small tins lined with pastry and bake about twenty-five minutes.

## TRY A COIN.

MANY women ruin the nap of the cloth in scraping mud from their garments with a knife or sharp object. Take a coin, a half dollar, and scrape the mud off with this after it is dry and it will not harm the nap in the least.

## The "Papillon" Gown



BUTTERFLY DANCE COSTUME.

THE Frenchman who designed this dance costume has christened it the "papillon" gown on account of its resemblance to the coloring and outline of a butterfly. The material is shell pink charmeuse with airy draperies of black tulle weighted with rhinestones.

## Cultivate New Taste In Eating

IT seems strange that so few people ever try to cultivate a varied taste in eating. This is due probably to the fact that as children they were not made to eat different kinds of foods. It is unfortunate this restricting oneself to a certain diet, because there never were so many delicious edibles offered on the market as today.

Not even in France, the home of the vegetable, is the vegetable luxuriantly offered for sale at the low prices for which they are to be purchased in this country. It is more than foolish for people to refuse to try new dishes and foods merely because they have never been done so. Mushrooms, even at the high rate of 20 cents a pound, are for a small family, cheaper and more nutritious than steak.

Artichokes need to be familiarized in many homes. Asparagus is capable of staying, in combination with tomatoes, and in many other ways than the usual fried style.

Eradive, chicory and romaine are salads that deserve more recognition. Cucumbers can be fried in batter, made into a jelly and used in other ways different from the usual vinegar covered manner of serving them.

Bananas baked are not the same many fruits as when eaten raw, and lime beans baked instead of navy beans make a dish fit for a king. The cost of living can be reduced considerably if one is willing to attempt it and use many of the new foods on the market or the old foods served in different ways.

## POMPONS WITH BEADS.

PRETTY pompons for slippers are made in this way: Gather a double strip of chiffon—about three inches wide or an inch and a half wide when folded—into a square. Make a little satin rose of the same color.

If you are not versed in the ways of making roses from satin make two roses, as you made the chiffon one, one smaller than the other, and fasten them together and they will look down-right.

Use bright crystal beads for the flower center and add beads around the edges of the petals of the satin roses. Pure, clear glass beads give the best effect, but gold or silver beads would also be pretty.

## WHISTLING FOR HEALTH.

DOCTOR has discovered that whistling is good for the health. It fills the lungs with invigorating oxygen, and thus revives flagging spirits and giddy muscles. Boys are prone to be broader chested than girls and better accustomed for deep breathing tones because of the lung exercises which accompany whistling and one of the best things that try to do when they're passed half-hour is to whistle.

## GAVIAR AND BREADCRUMBS.

CUT small round pieces from a thin slice of fresh toast, spread them with caviar that has been worked on a plate with butter, chopped parsley and lemon juice, decorate the edges of the crostini with creamed butter, seasoned with lemon juice and cayenne pepper pressed through a rose pipe. Put a small swirl of caviar in the center and dip the crete garnished with parsley.

## HOW TO MAKE THE BEST PASTRY

By closely following these recipes and roll reserved third for two days for family pastes, puff paste, and chopped paste, a housekeeper can be successful in any department of pastry cooking, writes Fanny Merritt Farmer in the Woman's Home Companion. Remember to work rapidly with a light touch, and use the best flour and cooled shortening.

**Family Paste (the all lard is used for shortening)—Mix and sift two cups of pastry flour and one-half teaspoonful of salt. Measure two-thirds cupful of lard and take out two tablespoonfuls. Work in remainder with flour, using the tips of the fingers. Moisten with one-half cupful of cold water, and when thoroughly blended toss two-thirds of the mixture on a slightly floured board. Pat and roll in rectangular shape, spread with one tablespoonful of the reserved lard and dredge with flour. Cut in thirds lengthwise of rectangle, then in quarters. Again pat and roll out as before, spread with remaining tablespoonful of lard, dredge with flour, and fold in half. Cut in half again, then in quarters, then in eighths, then in sixteenths. Pat and roll out each piece to fit top of pie and pie tin.**

**Boston Brown Bread.** 1 cup of rice flour, 1 cup of graham flour, 1 cup of cornmeal (yellow), 1 level teaspoonful soda, 1 level teaspoonful salt, 4 cups of milk, 1 cup of molasses, 1 cup of sour milk.

A little baking powder added to this batter is usually a wise precaution although the recipe does not call for it. Mix all ingredients and allow to stand for a little longer and stirring it.

**Banbury Tarts.** Make a rich pie crust, using 2 cups of flour and 1 cup shortening (lard or fat or other with meat included). 1 tablespoonful salt and enough water to make stiff dough. Roll thin and cut out shapes about 10 or 12 inches in diameter. Put a tablespoonful of the filling on one side, wet the edges, fold over the other side and press together with a fork, making tiny holes in the top of pie. Bake in a quick oven.

**Filling.** 1 cup chopped seeded raisins, 1/2 cup sugar, Juice and grated rind of one lemon, One egg.

(Experience has taught that the egg may be omitted if necessary.)

**Chocolate Biscuit.** 2 cups sifted flour, 2 level teaspoonful baking powder,

## VELVET CONTINUES IN FAVOR

The fashion for velvet does not decrease. Each week sees more of it worn and more of it sold. There are many who prefer the softness of the material; they say it is very comfortable, and the younger girls like it.

The woman who can afford several gowns can easily afford a velvet suit, but the woman of limited means, who must wear one coat and jacket every time she goes out during the day, is certainly unable to invest in velvet. She may have a velvet evening gown, if she dresses in an elaborate manner, or, better still, she may choose velvet for an evening wear. Nothing is better. It is warm, it is rich in appearance, and the present weaves are sufficiently soft to enable one to grasp it with grace.

Many women think that it is always necessary to trim velvet with lace. One often associates the two fabrics but today there are various ways of combining velvet of one color with velvet of another color in such a manner that the effect is charming. You can use satin in the same way, but some of the richness of velvet is lost.

Velvet is a soft fabric, and rather than return to it, they are thoroughly tired of certain things, and as soon as they get away from it, they are quite convinced about it, then they return to it.

I began to think of this place of fashion because of the return of the powdered complexion, painted skin which came along last February.

Gowns made with three-tiered skirts of flat-shaded crepe de chine or satin do not look especially smart. Tulle or net is newer, and, with the addition of a colored belt and a flower, one gets a rather startling costume for any kind of special affair in the evening. It is an especially good one for a debutante.

## RECIPES TRIED AND FOUND VERY SUCCESSFUL BY WOMEN OF HONOLULU

[Recipes recommended by Mrs. John T. Warren, Kewale street.]

### CINNAMON BUN.

One-half cup butter.  
One cup sugar.  
One-half cup milk.  
Two cups flour.  
One and a half rounded teaspoons baking powder.

**Two eggs.**  
One rounded cinnamon.

Three-fourth cup currants or seeded raisins, or both.

One-teaspoon vanilla.

Bake in a shallow pan lined with buttered paper or in two layer-cake pans. When done turn out onto a warm plate, spread with melted butter and dust with powdered sugar and cinnamon. This is a delicious luncheon or supper sweet and is equally good for breakfast with coffee or tea.

**CINNAMON ROLLS.** Two cups flour.

Two heaping teaspoonfuls baking powder.

One-teaspoon salt.

One-heaping tablespoon sugar.

Sift all together. Rub in two tablespoonsfuls of butter or caffine and add enough milk to make a soft dough as for biscuits. Roll out a half-inch thick, spread with melted butter and sprinkle thickly with sugar, cinnamon and currants. Roll up tightly and cut slices a half-inch thick from this roll and bake as one does biscuits, in a quick oven.

These rolls are not as rich as the bun given above and are entirely different in texture, baking a little more quickly.

**COCOA FLUFFS.** 1 cup of sugar.

4 cup of butter.

Volks of two eggs.

1/2 cup of milk.

6 heaping teaspoons of cocoa.

Or 4 heaping tablespoons of powdered chocolate.

1 rounded teaspoon of baking powder.

1/2 teaspoon vanilla.

Pinch of salt.

The chief thing to remember in mak-

## Sleeplessness

may be overcome by a warm bath with

Glenn's Sulphur Soap

Ho's Soap and Wicker Dry Goods Store, N.Y.C.

Getting Ahead. The man is selling cabbages, his income is quite slim; But he will not get mad if I Should get a head of him.

Cincinnati Enquirer

## NEW TROUSSEAU NEGLIGEE

EVERY fall bride has at least two pretty negligees in her trousseau. Sometimes pink chiffon is used with a multitude of soft, floating frills; sometimes delicate lace is dropped over a pale colored foundation, and there is a fancy for machine embroidery over pink chiffon.

With these luxurious bouffant gowns, are provided equally handsome petticoats, for the negligee has usually not